What is claimed is:

 An image forming method for forming an image on a reversible thermo-sensitive recording medium provided with a recording layer containing liquid crystal that exhibits a cholesteric liquid crystal phase, said image forming method comprising:

a first heating process for heating the liquid crystal in a crystal phase to a first temperature that allows the liquid crystal to exhibit a cholesteric liquid crystal phase or an isotropic phase to form an image; and

a second heating process for heating at least a part of an area of the recording medium containing at least a part of an area where the image has been formed to allow at least a part of the image to discolor or develop a color.

- 2. An image forming method as claimed in claim 1, wherein the image formed in the first heating process is a visible image.
- An image forming method as claimed in claim 1, wherein the image formed in the first heating process is a latent image.
- 4. An image forming method as claimed in claim 1, wherein, in the first heating process, the liquid crystal that has been heated to the first temperature is rapidly cooled down.

- An image forming method as claimed in claim 4, wherein the liquid crystal that has been rapidly cooled down exhibits a glass phase.
- 6. An image forming method as claimed in claim 1, wherein the liquid crystal that has been heated to the first temperature exhibits a glass phase.
- 7. An image forming method as claimed in claim 1, wherein, in the second heating process, the liquid crystal that has been heated is rapidly cooled.
- 8. An image forming method as claimed in claim 7, wherein the liquid crystal that has been rapidly cooled exhibits a glass phase.
- 9. An image forming method as claimed in claim 1, wherein, in the second heating process, the liquid crystal is heated to at most a second temperature that is lower than the first temperature.
- 10. An image forming method for forming an image on a reversible thermo-sensitive recording medium provided with a recording layer containing liquid crystal that exhibits a cholesteric liquid crystal phase, said image forming method comprising:

- a first process for selectively setting portions of the liquid crystal in a crystal phase and a fixed phase and thus forming an image on the thermo-sensible recording medium; and
- a second process for discoloring or developing a color of at least a part of the portion(s) set in the fixed phase thus discoloring or developing a color of at least a part of the image.
- 11. An image forming method as claimed in claim 10, wherein, in the first process, the liquid crystal is heated to a temperature that allows the liquid crystal to exhibit a cholesteric liquid crystal phase or an isotropic phase to form an image, and then rapidly cooled.
- 12. An image forming method as claimed in claim 10, wherein, in the second process, the liquid crystal is heated, and then rapidly cooled.